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*At the Asia-Pacific Gathering in Seoul, Mensans celebrate after the Gala Dinner.
See the report on p5.*

MENSA INTERNATIONAL

TO READ OUR WELCOME LETTER OR ACCESS LINKS TO USEFUL INFORMATION &
SERVICES FOR NEW
MEMBERS, PLEASE GO TO

https://bit.ly/MI_welcome

from the editor...



- results of the 2023 Mensa Foundation Scholarship winners are on p2
- on p3, our Director of Administration, Isabella Holz, informs us of International Meetings, competitions and challenges and volunteering on an international level
- Lucas Wilson brings a victory to Mensa Canada's Gifted Youth Group on p4, while on p5 we have a report on Mensa Korea's hosting of the 1st 2023 Asia-Pacific Gathering in Seoul
- Canadian member Brian E Mayne tells us of his book *Who Am I?* on p6
- on p7, meet our Member Profile, Alain Seris, former President of Mensa France
- on p8, some of our fears regarding artificial intelligence are outlined and on p9, learn about how kids' distraction can help them outshine adults when it comes to data retention
- Supplementally... is on p10
- your Officer Directory is on p11, and Therese's Brain Teasers are, as usual, on p12

Happy reading!

Kate

Log in to www.mensa.org to read or download the MWJ in full colour

2023 Mensa International Scholarship Winners

The Mensa Education and Research Foundation (Mensa Foundation) has announced the winners of the 2023 Mensa International and Ed Vincent Scholarships. Applicants submit an essay of up to 550 words explaining their career, academic or vocational goals and how they plan to achieve those goals.

The Mensa Foundation Scholarship is open to international (non-American) Mensans studying at non-American universities or colleges.

The 2023 Mensa Foundation Winners are:

USD \$2,000 - **Annette Du Plessis** of Mensa South Africa

USD \$1,000 - **Aashish Diayar** of Mensa South Africa

USD \$1,000 - **Jackson (Tzu Shun) Cheung** of British Mensa

USD \$1,000 - **Amed Lorindin** of Mensa Sweden

The Ed Vincent International Scholarship is open to international (non-American) Mensans studying at American universities or colleges.

The 2023 Winner is:

USD \$1,000 - **Creagh Factor** of British Mensa

A dedicated panel of international Mensan judges scores the essays and they deserve to be recognised and applauded for their efforts. The 2023 judges were: Andreas Athanasakis (Mensa Greece), Aleksandra Borovic (Mensa Serbia), Willem Bouwens (Mensa Netherlands), Zabeda Abdul Hamid (Mensa Malaysia), Delma Murray (Mensa Canada), Cinthia Reyes (Mensa Mexico), and Ann Rootkin (British Mensa).

The 2024 scholarship program opens on September 15, 2023 and entries will be accepted up to January 15, 2024. All international (non-American) Mensans who are studying at universities and colleges are welcome to apply. Please see International scholarships (mensafoundation.org) for further details.

Snapshot: Mensa Sweden winner, Amed Lorindin

Amed's parents were uneducated Kurdish people living in Turkey when they emigrated to Sweden in search of a better life. Amed is a now successful athlete who is pursuing three degrees.



from your executive committee

from the Director of Administration,

Isabella Holz

Dear Members,

Just this week I had the wonderful opportunity to meet our newly elected Director of Development, Eivind Olsen, who spent a part of his holidays in my hometown, Munich. It was a great opportunity to welcome him face-to-face to ExComm. While virtual meetings are the norm in our daily business, there is something undeniably special about occasionally having face-to-face interactions. These in-person meetings provide a refreshing change of pace, allowing for deeper connections and a more dynamic exchange of ideas. I am now looking forward to the virtual welcome call with other ExComm members at the end of this week.

The summer months (Northern Hemisphere) have offered lots of activities for members to meet in person or join virtual groups and activities.

Events such as the European Mensa Annual Gathering in Rotterdam in the The Netherlands, the Annual Gatherings of American Mensa and Mensa Canada, the MY-Camp in Austria, and the Floating Mensans Cruise on the Baltic Sea have offered plenty of opportunities for members to form lasting friendships, exchange ideas, and discover new perspectives. Whether you've missed out on previous events or have been attending and find yourself craving more, check out www.mensa.org/members/calendar to learn more about upcoming events including the IBD Meeting in Dal-

las, USA, or the second Asian Mensa Gathering in Bali, Indonesia.

Competitions and challenges. The submission period for our regular competitions for poetry and photography has recently passed, and our dedicated juries are now evaluating the contributions received.

Both the unveiling of the winners and the announcements for the 2024 competitions will be published here in the MWJ and in our newsletter. In the meantime, you can still join the blood donation challenge "Bloody Mensans" till 31 October 2023 (www.facebook.com/Bloody-MensansChallenge).

Volunteering. While we have been onboarding new volunteers for some teams during the last months, the application period for the regular 2023 appointments is still open until 12 September 2023:

- **Constitutions Review Officer**
- **Editor Mensa World Journal**
- **International Awards Committee**
- **International Ombudsman**
- **International Supervisory Psychologist**
- **International Volunteer Network Committee**
- **Strategic Management Advisory Committee**



Details about the roles and the application can be found here: <https://bit.ly/2023-MI>. The decisions regarding the appointments will be announced immediately after the IBD Meeting in mid-October. To ensure a seamless start, an onboarding process will be implemented to provide the appointees with the necessary resources, guidance, and support they require.

Referendum. While writing these lines, the referendum is yet to commence but by the time you read this, you should find the results in our Workplace news and newsletter. I really hope many members took the chance to vote!

When finishing this text, the next item on my to-do list is the July newsletter to share timely and up-to-date information with you. The MI newsletter is sent out to approximately 30,000 members, with

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an estimated 50% of them regularly reading its contents, and an impressive 27% frequently engaging with the provided content. If you wish to subscribe, simply register on mensa.org!

To enhance the content, relevance, and appeal of our newsletter and other communication channels, I am currently conducting a global communications survey among the national groups. This survey serves not only to gain insights into their internal communication with members and external marketing and PR but also to share these valuable findings with national and international volunteers. In addition to improving communication from Mensa International, we also aim to enhance opportunities for communication and exchange among members, as well as between volunteers and members.

As we enter the three-month countdown to the IBD meeting, diligent preparations are well under way. These preparations include tasks such as preparing reports and evaluations, drafting and refining motions, creating a comprehensive agenda, and developing engaging presentations. Additional surveys may be conducted to gather valuable input for the upcoming debates. Covering important projects such as the international member database and adaptive IQ testing, our ExComm session will be extended to a full day to facilitate productive discussions and decision-making.

As soon as the agenda for the formal meeting and the program for non-delegates become available, we will publish them on our digital channels. I hope to see you there!

Isabella Holz
Director of Administration
admin-mil@mensa.org

Lucas Wilson brings a victory to Mensa Canada's Gifted Youth Group in the Grade 1 Entrepreneurship Contest

"Bridging" the gap between learning and fun, Lucas Wilson of Mensa Canada's Gifted Youth Group won over the judges with his "Build And Learn" business pitch.

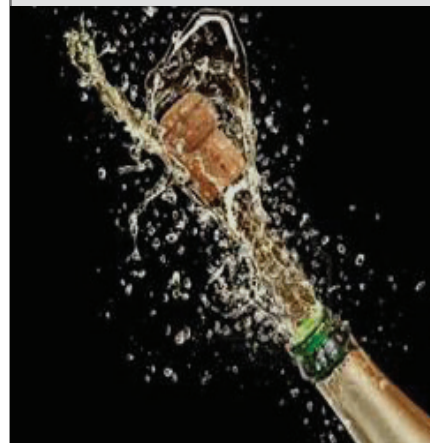
In the recent CSR National Youth Entrepreneurship Challenge, Lucas, Grade 1, gave a very professional demonstration on a subscription-based STEM activity he was proposing for profit. He did such a terrific job with his presentation and responses to judges that he won the Judge's Choice Award for the Gr 1/2 division.

The guest judges were Raj Dhanjal (founder of Farang Martial Arts), Jennifer Donovan (founder of J. Donovan Law Group), and Bradley Jacobson (founder of UltraVac).

We offer a hearty congratulations to Lucas for winning the Gr 1/2 Division Judge's Choice Award in the CSR National Youth Entrepreneurship Challenge; we also commend the Gifted Youth Group for facilitating participation in this challenge and promoting an early introduction to entrepreneurial skills.

Extracted from <https://www.bns-news.com/2023/06/lucas-wilson-brings-victory-to-mensa.html>

what's on...



Mensa Serbia Giftedness Conference 2023

September 29-Oct 1, 2023

Mensa Serbia is delighted to announce The Sixth International Professional and Scientific Conference, entitled "Working with the Gifted: Methods and Programs", which will be held in Novi Sad, Serbia. https://www.mensa.org/system/files/first_call_for_conference_working_with_the_gifted_-_methods_and_programs.pdf

IBD Meeting in Dallas, USA 12 Oct 2023 - 16 Oct 2023

At the International Board of Directors (IBD) Meeting, IBD members discuss, debate and vote on motions which affect Mensans locally, regionally, nationally and internationally. The meeting also includes activities for non-delegates.

<https://www.facebook.com/groups/1224844085031215>

Asia-Pacific Mensa Gathering: Bali, Indonesia

November 2, 2023

The second AMG of 2023 will be held from November 2nd to 5th on the magical Indonesian island of Bali, famous worldwide for its warm hospitality, ancient culture, and stunning landscapes.

<https://www.facebook.com/asian-MENSA/>

Our First Asia-Pacific Mensa Gathering: Mensa Korea's First Steps Towards Globalisation

By Deok-hyeon Hwang of Mensa Korea Publication Committee (Translated by Junho Son)

**Together we thrive!
In Mensa we grow together!**

Mensa Korea hasn't hosted a large festival for a long time. Years have passed since we sat together around in the midst of the COVID-19 pandemic and a series of internal conflicts. Now it feels as though we have gathered at the round table once again. The Asia-Pacific Mensa Gathering (AMG) was held for five days from April 26th. It is the first time that the AMG has been held in Korea since the establishment of Mensa Korea in 1996.

The AMG is an international event in which Mensans from various countries participate in exchanges every year. Though Mensa Korea has won the bid to host the event twice (in 2015 and 2020), it suffered many difficulties from various extenuating circumstances.

The event started on the 26th, although there were some who entered the country about a week earlier. Mensans from Taiwan and Japan travelled to Jongno, Myeong-dong, and Bukchon Hanok Village in Seoul, and expressed their excitement by sharing photos online.

After the registration on the first day of the event, Lee Eun-joo, the president of Mensa Korea, hosted an ice-breaker event attended by approximately 80 international Mensans. The eyes of the Mensans who were about to experience Korea for a week were shining brightly.

The 'Gimbap' making and Fitness seminar hosted by Korean Mensans provided different experiences, and at the Mensan Showcase Talk under the theme of 'Turning Point', speeches from

members of each country continued. Mensans from across more than ten Asian countries (including Taiwan, Japan, Hong Kong, Malaysia, India, and Singapore) participated.

Although pioneers of globalisation in the field of culture and arts, (e.g. K-POP), Korea can also be somewhat conservative, being a homogeneous country. Accordingly, Mensa Korea prepared several events to promote interest in Korea. For example, the Chairs of National Mensas in the Asia-Pacific region met at Korea House which is a royal court-style restaurant built on the residence of Park Paeng-nyeon, a scholar of Jihyeonjeon in the Joseon Dynasty. Chef Son Seung-dal, a master of Korean traditional cuisine, prepared the meals with all the members. A welcome drink and other refreshments were provided, including Yakgwa, a Korean traditional snack, and Sikhye, a Korean traditional beverage made by rice-maker master Gyeonggi Tteokjip.

The Asia-Pacific Mensa meeting mentioned above was held in two sessions. After the meeting, Mensa Korea's President Lee Eun-joo said, "The National Chairs of Mensa countries in Asia once again confirmed that it is the role of the executive department to protect members and defend the integrity of the Mensa Admission Test. We did it together," she said.

The places visited were designed to encompass both the past, present, and the future. First of all, Mensans experienced Korean traditional beauty and culture, and the harmony between the past and the present at the Korean

Folk Village, National Folk Museum, and Gyeongbokgung Palace located in Yongin. (For some, it can be a special experience to see a traditional building in the middle of the city.)

Mensans also visited the Korean Demilitarized Zone (DMZ) to experience the division of the Korean peninsula. Our visitors also had the opportunity to see the Lotte World Tower up close. The Lotte World Tower is the world's 5th tallest skyscraper and the tallest building in the Organisation for Economic Cooperation and Development (OECD).

The Gala Dinner, one of the main events of AMG, was held on the 29th on a cruise that departed from Gimpo and returned to Yeouido, Yeongdeungpo-gu, Seoul. During an activity wherein members wrote letters to each other, the Singapore member drew a Merlion and the Chinese member drew a Panda, strengthening their friendship. A member of Mensa Korea who received about 50 letters won the popularity vote.

A plaque presentation ceremony was also held for Naoya Takahashi of Japan Mensa, who was chosen as the winner of the annual Intelligence game.

One of the highlights of AMG was the Dance Time. The President, Mensa Korea executives, and Asia Mensa executives all sang and danced to PSY's famous song "Gangnam Style" together, showing the excitement of Korea.

Chairman Lee Eun-joo expressed her wish that Mensa Korea members would be more active in international events such as the other Asia-Pacific Gathering 2023, which will be held in Bali, Indonesia, in November.

Who Am I? An Exploration of Our Essential Nature

by Brian E. Mayne

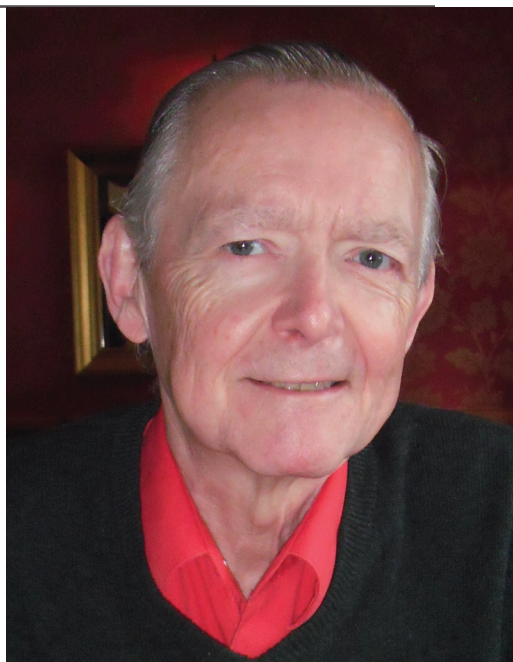
Who Am I? is based on the author's personal experience and studies with different teachers and teachings of Vedic, Buddhist, Christian and other traditions.

It is a curious truth that remarkably few of us seriously wonder who we really are. We think of ourselves as mind-body packages that somehow appeared at birth and will end abruptly with the body's death.

'Who Am I?' is the perennial spiritual seeker's question, motivated by wonder and a wish to understand the how and why of our being here. When we examine what we have assumed ourselves to be, we find no real substance.

We can lose quite big parts of the body and also not have the use of multiple senses but continue to be here. During deep dreamless sleep and near-death experiences, the physical body is absent, but we still exist. How can who I am then be defined by any physical DNA?

Our identification with being our mind is also suspect. Everything we know has been acquired from external sources, including our name, sensory inputs, cultural and social identifications and all our unique likes and dislikes – everything that makes up our character and ego. For this to have happened, there already had to have been 'someone' – an aware intelligence – present at least since earliest infancy to learn and 'own' all this knowledge and our personality.



New-born infants have to discover that their feet and hands belong to them and, when they begin talking, they often refer to their name as if it is a third person. Who is the 'one' doing this, before identification with that 'third person' takes hold?

We believe who we are passes through three stages each day:

- **Waking consciousness**, when mind and senses focus outwards;
- **Dreaming state**, when mind focuses inwards, projecting dream scenarios, and
- **Dreamless sleep**, when awareness of mind and body are absent.

If I really am my body-mind complex, do I vanish each time I enter deep sleep and reappear each time I dream or wake up? Who remains during deep sleep? I must be a subjective innermost 'me', rather than anything external to it. What is objective is separate from its subject. Both my body and mind are objects to 'me', the observing subject. This same witness-awareness must be present even when these

objects (mind, thoughts, emotions, body, world, etc.) are not in evidence, such as during dreamless sleep (much like our hearing faculty remains present during silence).

Who Am I? shows this essential me to be our innermost awareness, an unchanging – yet alert and intelligent – presence, which has always been with us, unbound by temporal or spatial limitations. This innermost awareness is also what the founders of the world's major religions have realised and spoken of as being their – and each of our – true Self.

Who Am I? goes on to speak of the implications of this realisation and offers some pointers on means to awaken to this Self which we have already always been. Further sections discuss life as this essential awareness and give excerpts from teachers and traditions through history that support and elaborate on these conclusions.

(The book *Who Am I?* is available as an ebook and paperback on Amazon)

Brian is a member of British Mensa.

Would you like to contribute to the Mensa World Journal?

Articles, poetry and member achievements are all welcome!

Send your submissions to the Editor at mwjeditor@mensa.org

member profile

by Susan Jensen

Alain Seris, a former President of Mensa France, gives credit to Mensa for turning his life around fifty-six years ago.

Born in the picturesque Northeastern French city of Metz, Alain grew up the middle child of five siblings. Metz is filled with famous stained glass architecture, stunning gardens and wide promenades along the Moselle and Seille rivers. Alain's father was the head of the design department at a large steel factory and his Mum was a homemaker. The family lived in an upperclass enclave of a hundred families, who all had large homes, servants and sent their kids to private schools.

This idyllic life was disrupted when Alain was nine, when he discovered two older brothers had died of illnesses before his birth. Alain went into a severe depression which was treated with meds that turned him into a "living zombie." Five years later, Alain's father challenged him to take a difficult brain-teaser quiz in an English magazine. Alain aced the test and was delighted when his father explained the questions were provided by London Mensa.

Doing well on this Mensa test gave Alain the confidence to stop feeling intimidated by maths and physics (his father's fields of expertise) and try new things. Alain became first in his class in the hard science subjects and took up competitive regatta sailing. Regatta sailing has remained a big part of Alain's life to this day.

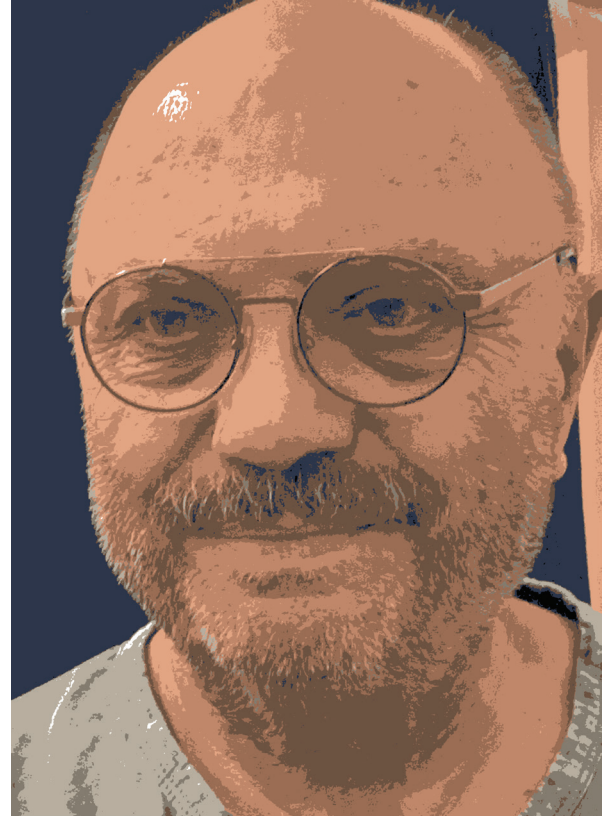
Alain attended Institut Supérieur du Commerce in Paris. Upon graduation, he was drafted into the Army for a year (1976-77) where he met Clarke de Dromantin who commended Alain for his bravery. Clarke and Alain had a chance meeting thirty years later, after Clarke had become a famous general, and they became the closest of friends until Clarke's death in 2020.

After the Army, Alain founded a printing business and also taught at Weller business school in Metz, where he still resides on an ancient square built in the Middle Ages.

Alain considers himself rich in friendly relationships but not as lucky in romance. He has remained on good terms with his ex-wives and is very close to his daughter (an emergency room physician) and son (an optician), his three grandchildren and five godchildren.

In 1987, Alain joined Mensa, becoming an enthusiastic member. Mensa became a refuge where he could carry on the wide-ranging conversations he so enjoys. He was President of French Mensa from 2002-2012, and over the years has been involved in multiple Mensa committees including the International Awards committee.

In 2018, he travelled to Australia on behalf of the International



Awards Committee to present Kate Nacard with the Mensa International Distinguished Service Award for that year.

Alain has also been prominent in raising awareness of Mensa in Africa. He travelled to parts of Africa at his own expense to test students, in order to help them to be able to pursue studies in major French universities. (Alain's efforts were covered extensively in the January and October issues of the MWJ in 2015.)

Of nearly 500 tests carried out, thirteen passed. Seven travelled to France and are pursuing great careers. "Three of them contact me regularly; what happiness!" exclaims Alain.

Continued on page 11

Neuroscience, Artificial Intelligence, and Our Fears

Fear of the unknown is a universal human experience.

With the rapid advancements in artificial intelligence (AI), our understanding and perceptions of this technology's potential – and its threats – are evolving.

Here, we explore the reasons behind these fears, grounded in our understanding of neuroscience, and propose paths toward constructive dialogue and responsible AI development.

The Neuroscience of Fear

Fear, at its core, is a primal emotion rooted in our survival mechanism. It serves to protect us from potential harm, creating a heightened state of alertness.

The amygdala, a small almond-shaped region deep within the brain, is instrumental in our fear response. It processes emotional information, especially related to threats, and triggers fear responses by communicating with other brain regions.

Our understanding of AI, a complex and novel concept, creates uncertainty, a key element that can trigger fear.

AI and Neuroscience: A Dialectical Relationship

AI's development and its integration into our lives is a significant change, prompting valid fears. The uncanny similarity between AI and human cognition can induce fear, partly due to the human brain's tendency to anthropomorphise non-human entities.

This cognitive bias, deeply ingrained in our neural networks,

can make us perceive AI as a potential competitor or threat.

Furthermore, recent progress in AI development has been fuelled by insights from neuroscience. Machine-learning algorithms, particularly artificial neural networks, are loosely inspired by the human brain's structure and function.

This bidirectional relationship between AI and neuroscience, where neuroscience inspires AI design and AI, in turn, offers computational models to understand brain processes, has led to fears about AI achieving consciousness or surpassing human intelligence

The Fear of AI

The fear of AI often boils down to the fear of loss – loss of control, loss of privacy, and loss of human value. The perception of AI as a sentient being out of human control is terrifying, a fear perpetuated by popular media and science fiction.

Moreover, AI systems' capabilities for data analysis, coupled with their lack of transparency, raise valid fears about privacy and surveillance.

Another fear is the loss of human value due to AI outperforming humans in various tasks. The impact of AI on employment and societal structure has been a significant source of concern, considering recent advancements in robotics and automation.

The fear that AI might eventually replace humans in most areas of life challenges our sense of purpose and identity.

Addressing Fears and Building Responsible AI

While these fears are valid, it is crucial to remember that AI is a tool created by humans and for humans. AI does not possess consciousness or emotions; it only mimics cognitive processes based on its programming and available data. This understanding is vital in dispelling fears of a sentient AI.

Addressing privacy concerns requires establishing robust legal and ethical frameworks for data handling and algorithmic transparency.

Furthermore, interdisciplinary dialogue between neuroscientists, AI researchers, ethicists, and policy-makers is crucial in navigating the societal impacts of AI and minimising its risks.

Emphasising the concept of “human-in-the-loop” AI, where AI assists rather than replaces humans, can alleviate fears of human obsolescence. Instead of viewing AI as a competitor, we can view it as a collaborator, augmenting human capabilities.

The fear of AI, deeply rooted in our neural mechanisms, reflects our uncertainties about this rapidly evolving technology. However, understanding these fears and proactively addressing them is crucial for responsible AI development and integration.

By fostering constructive dialogue, establishing ethical guidelines, and promoting the vision of AI as a collaborator, we can mitigate these fears and harness AI's potential responsibly and effectively.

Neurosciencenews.com June 23, 2023

Pay Attention: Kids' Distraction Helps Them Outshine Adults in Data Retention

A team of researchers has shown that children's apparent inability to pay attention allows them to outperform adults when it comes to retaining information they were instructed to disregard.

The researchers' study shows that, as expected, adults do a great job of focussing their attention on an assigned task and do not pay attention to information they are told to ignore.

Children, on the other hand, take in the secondary information they are instructed to ignore when given the same task. The information is then encoded in their brains.

"What we found is that children's brains can hold information in a way that adults' brains do not," says Yaelan Jung, who worked on the study as a graduate student at the University of Toronto (U of T) and in her current position as a postdoctoral researcher at Emory University.

The team described their study in a paper published in *The Journal of Neuroscience*.

In addition to Jung, the authors include Tess Forest, who also contributed to the study as a graduate student at U of T and in her current position as a postdoctoral research scientist at Columbia University, and Dirk Bernhardt-Walther and Amy Finn - both associate professors in the Faculty of Arts and Science's department of psychology.

"It's not simply that children's ability to pay attention is bad and they're unable to disregard distractors," says Finn.

"Our study suggests that their

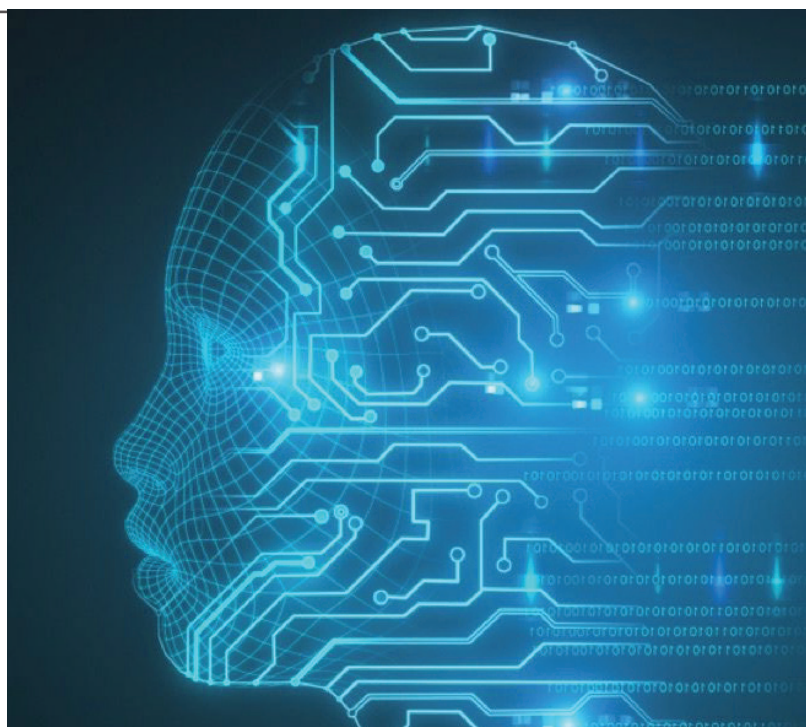
brains are built to be sensitive to all information, regardless of whether it's relevant or not - that kids are more sensitive to more information.

The study involved 24 adults with a mean age of 23 years and 26 children with a mean age of 8 years. The team asked the participants to observe a series of four static illustrations: a bumble bee, a car, a chair and a tree. Each image was accompanied by a background of gray dots moving in one of four directions: up, down, left and right.

In one phase of the study, subjects were instructed to ignore the moving dots and press a button when an object - say, the bumblebee - appeared more than once. In another phase, they were asked to ignore the objects and press a button when the direction of motion of the dots was repeated.

Subjects carried out their task while in a magnetic resonance imaging (MRI) machine at the Toronto Neuroimaging Facility at the University of Toronto. As they performed the task, the MRI measured the subjects' brain activity which revealed how attention shapes what is represented in subjects' brains.

"What we found in this study



provides a novel way to think about what brain development means," says Jung. "Often, we assume that as the brain develops it will do more and do things better. Thus, we often think that adults are better and smarter than kids. However, our work shows this is not always the case. Rather, children's brains may just do things differently than adults - and consequently, they can sometimes do more than adults."

Added Finn, "The study suggests that this approach of being more sensitive to the broader environment, at the cost of paying attention to specific things, is better for understanding complex systems. It may help form a higher level of understanding of our full environment.

"So, I look at kids as these little information-processing creatures better able to represent more of the world, with brains that more accurately reflect the world than ours."

*Extracted from Neurosciencenews.com
June 22, 2023*

supplementally... by John Blinke

Moon Madness

I talked to someone lately who did not believe astronauts had ever landed on the Moon! I couldn't believe he was serious. I am sure the landings took place because I watched them on TV as they happened! (And Buzz Aldrin punched a guy in the face when he accused Aldrin of lying about being the second man on the moon.) There will soon be another chance to watch space history happen because the US and its partners are racing China to build the first permanent bases on the Moon. Elon Musk of Space-X won the NASA contract to perform a moon landing within a few years. Apparently, Jeff Bezos of Blue Origin will run a parallel effort. I am not sure who will build the habitats. In 2021, YouTube personality, Scott Manley, said that the three top competitors for a return to the moon were Space-X, Blue Origin, and Dynetics.

<https://youtu.be/GuSM-Aw5HM>

According to Tom Costello on NBC News, the US wants to build a nuclear engine to get us to the Moon and then to Mars in a reasonable amount of time.

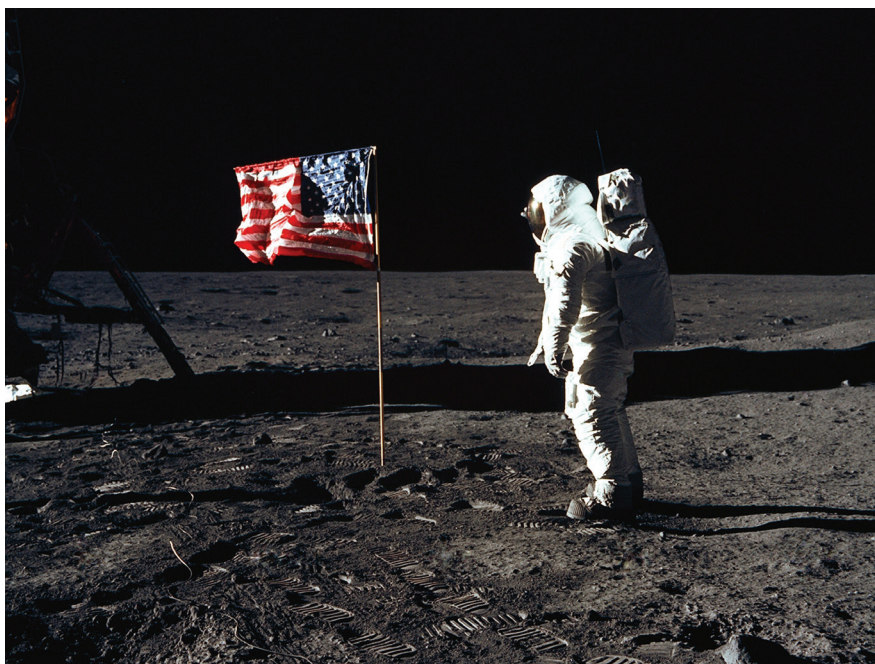
<https://youtu.be/cQl9f1FvgB4>

Men in the Moon

AP News September 15, 2022.

"A New Space Race? China Adds Urgency To US Return To Moon."

The US Apollo program put a dozen astronauts on the moon and brought back about 382 kilograms of moon rocks. The US moon effort ended with Apollo 17 in 1972, just



when NASA put the first actual scientist on one of the landing crews. But NASA seems about to wake up from its long slumber thanks to China's successful robotic landings on the Moon and Mars. It looks like China and Russia will be working together while the US and the rest of the world make up the home team.

New Moonies

New Scientist, September 2022, pp. 38-47. "Return to the Moon."

In the 1960's, the US and Soviet Union raced to put a human on the Moon. It was a battle for national prestige and it was fought with technologies that were still being created. The current moon race is off to a better start. It will employ both new and mature technologies and will include international partners, as well as for-profit entities like Space-X and Blue Origin. Everybody thinks the lunar south pole is the best place to land

because of water ice trapped in dark craters.

Teeth Rot

ScienceDaily, June 8, 2023.

"Dentists Identify New Bacterial Species Involved In Tooth Decay." (Nature Communications)

The rule is that *Selenomonas* *Sputigena* bacteria cause gum disease while *Streptococcus Mutans* are responsible for tooth decay. However, according to scientists at Penn Dental Medicine, the two can work together to supercharge tooth rot. The mechanism involves the production of tooth-destroying acid by one organism and a shielding biofilm created by the bacterial accomplice. This sort of microbial team work might also apply to other kinds of infections.

Sugar

Harvard Health Letter, July 2023, p. 8. "Harvard Study: Ditching Sugary Drinks Tied to Reduced Diabetes

Complications.”

When you are diabetic, your body cannot produce enough insulin to metabolise glucose. Doctors recommend cutting down on sugary drinks for this reason. Based on an observational study of diabetic patients done at Harvard (not a controlled experiment) there are more benefits than you might think. They found as much as an 18% reduction in heart problems when subjects replaced a single sugary beverage with coffee, water, or anything without sugar.

Watch It

Harvard Health Letter, July 2023, p. 8. “Can a Smart Watch Detect Early Risks for Certain Heart Problems?” (Digital Health)

Your smart watch can read your pulse and detect unusual heart rhythms. Can it save your life? Maybe. In an eleven year study that simulated smart watch measurements, scientists found the readings could predict some heart problems (when they say “simulated,” they mean they took data from a single limb as a watch would do, instead of a multi-point spider web that you would see in an ICU). These are promising results, but not something to bet your life on yet. It’s best to consider it an attention-getter to make you see your doctor.

Photo by NASA on Unsplash.com

JB

Continued from p07

Like so many of his countrymen, Alain loves philosophy and has written many short philosophical essays. His latest book of philosophical musings, called *A Brief Moment on a Blue Planet*, was translated into English by his Mensan friend Andre Catillon, a professional translator for the European Court of Justice. Another friend, a painter, provided the beautiful illustrations.

Alain, now retired, spends a lot of time travelling with Andre and meeting Mensans all over the world.

Alain’s book, A Brief Moment on a Blue Planet, is available for free to Mensans at: urgeance@icloud.com

OFFICER DIRECTORY

Chair: Mr Björn Liljeqvist
chairman-mil@mensa.org

Director of Admin:
Ms Isabella Holz
admin-mil@mensa.org

Director of Development:
Mr Eivind Olsen
development-mil@mensa.org

Treasurer: Mr Jacek Cywinski
treasurer-mil@mensa.org

Dir. Smaller National Mensas:
Mr Tan Kee Aun
dsnm-mil@mensa.org

SIGHT-Coordinators:
Mr Henkhenk Broekhuizen
Ms Andrea Schwelm
sight@mensa.org

International SIG Coordinator:
Ms Nancy McMahan Farrar
sigs@mensa.org

Ombudsman:
Ms Vicki Herd
ombudsman@mensa.org

Hon. President:
Mr Udo Schultz
udo-schultz@t-online.de

Mensa International

Executive Director:
Mr Michael Feenan
mensa@slatebarn.com
Slate Barn, Church Lane,
Caythorpe, Lincolnshire
NG32 3EL, UK

mensainternational@mensa.org
+44(0)1400272 675

www.mensa.org

EDITORIAL STAFF

Editor: Ms Kate Nacard, 36 Macaulay Rd, Stanmore NSW 2048 Australia mwjeditor@mensa.org T: +61 402152858

Sub-editors:

Science: Mr John Blinke

Johnb44221@cs.com

Puzzles: Ms Therese Moodie-Bloom

tmb@ozemail.com.au

Profiles: Dr Susan Jensen

suejensen57@gmail.com

















Features: *Position Vacant*

Proofreader: Ms Christine Pretty

Therese's BRAIN TEASERS

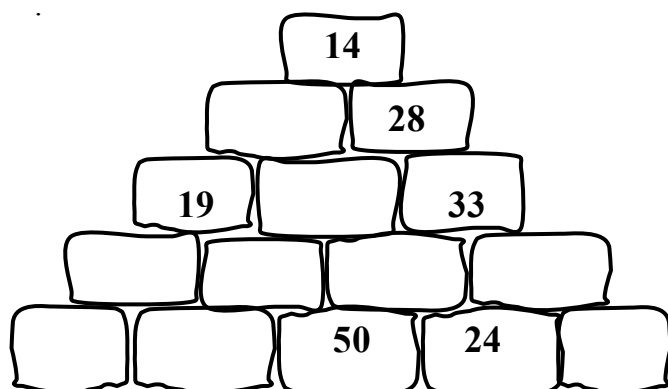
Cryptosum

Each symbol represents a different digit from 1 to 9. The sum of the digits in each row and column is shown. Find the sum of the numbers along the diagonal line starting from the top left-hand corner.

				21
				17
				20
				19
25	22	16	14	?

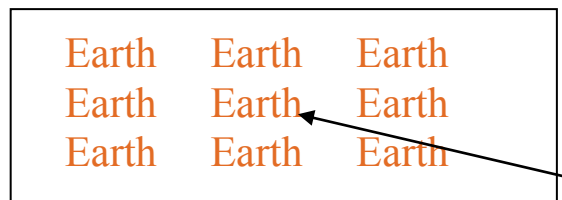
Cairn

The number on each stone represents the difference between the numbers in the two stones on which it sits. There is a two-digit number in each of the bottom stones, using the digits 0-9 once each.



Rebus

Decipher the rebus to find a fictional place:



Anagram Riddle

Five letters have I, you can change them around

To spell words which vary by more than a sound:

- Phobias, worries (– let them all rip!)
- Amounts to be paid to make any trip
- Less risky by far (– to just take a kip!)

Now that you've solved me, which words have you found?

Cryptosquare

Each of following has a five-letter solution. Rearrange the order of your answers and place in a 5x5 grid so that 1 Across = 1 Down; 2A = 2 D etc.

- More Southern customs?
- Lion-talk takes last fuzz back to shaver.
- Originally, crazy gangway causes spasm
- Decrease the media!
- Complete alphabet? You're heard - last true blue!

Answers

Cryptosum: 19 (9 + 2 + 6 + 2) **Cairn:** 69 71 50 24 83 **Rebus:** Middle Earth **Anagram Riddle:** Fears Fares Safer **Cryptosquare solutions:** Mores Razor Cramp Press Azure **grid:** Cramp Razor Azure Mores Press

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